

Arm Pain - Muscle Strain

Definition

- Arm muscle pain from hard work or sports (muscle overuse)
- Pain is not caused by an injury
- Also called muscle overuse syndrome

Health Information

Symptoms

- Pain in the arm muscles
- The shoulder is the most common site.

Pain Scale

- **Mild:** Your child feels pain and tells you about it. But, the pain does not keep your child from any normal activities. School, play and sleep are not changed.
- **Moderate:** The pain keeps your child from doing some normal activities. It may wake him or her up from sleep.
- **Severe:** The pain is very bad. It keeps your child from doing all normal activities.

Causes

- Arm pains are often from hard work or sports.
- Examples are too much throwing or swimming.
- Also called Muscle Overuse or Strained Muscles.

Care Advice

1. **Overview:**
 - Strained muscles are common after using them too much during sports.
 - An example is throwing a ball over and over again.
 - Weekend warriors who are out of shape get the most muscle pains.
 - Here is some care advice that should help.
2. **Pain Medicine:**
 - To help with the pain, give acetaminophen (such as Tylenol) or ibuprofen. Use as needed.
3. **Cold Pack:**
 - For pain or swelling, use a cold pack. You can also use ice wrapped in a wet cloth.
 - Put it on the sore muscles for 20 minutes.
 - Repeat 4 times on the first day, then as needed.
 - Caution: Avoid frostbite.
4. **Heat Pack:**
 - If pain lasts over 2 days, put heat on the sore muscle.
 - Use a heat pack, heating pad or warm wet washcloth.
 - Do this for 10 minutes, then as needed.
 - Caution: Avoid burns.

5. **What to Expect:**

- A strained muscle hurts for 2 or 3 days.
- The pain often peaks on day 2.
- After severe overuse, the pain may last a week.

Call Your Doctor If

- Fever or swollen joint occurs
- Pain caused by work or sports lasts over 7 days
- You think your child needs to be seen
- Pain gets worse

Pediatric Care Advice

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